

HEALTHY FOOD

Healthy eating means eating a variety of food

FOOD GROUP	SHOPPING LIST (FOOD)	FUNTION
Meats and Fish	Fish  Steak  Ham  Tuna fish  Chicken 	Give you energy.
Vegetables	Broccoli  Carrots  Lettuce  Peppers  Potatoes 	Help your digestion.
Fruits	Strawberries  Apples  Pineapples  Grapes  Oranges 	Give you nutrients, minerals, Vitamins and dietary fibre.
Dairy Products	Cheese  Milk  Yoghurt  Butter  Eggs 	Give you calcium.

Let's practice: 1. Look at the pictures and complete the puzzle.

Across →

2. 

5. 

6. 

7. 

8. 



Down ↓

1. 

3. 

4. 

LOOK!

Para plurales aumentamos una 's' al final de la palabra.
Pero hay algunas excepciones como 'potato', para su plural se añade 'es' y para 'strawberry' se borra la 'y' y se añade 'ies'

Singular	Plural
potato	potatoes
strawberry	strawberries

En inglés, las palabras chicken, butter, milk, cheese, fish, sugar, meat, lettuce no tienen plural.



PRACTICE EXERCISE 3. Complete the conversations. Follow the example.

What _____ do you like?



What fruits do you like?

I like apples and grapes.



1



What tubers do you like?

I like _____.



2

What vegetables do you like?



I like _____, _____ and _____.



3

What dairy products do you like?



I like _____.



4

What meats or fish do you like?



I like _____ and _____.



5

What _____ do you like?



I like _____.



6

What vegetables do you like?



I like _____.

